



CDC Geneticist Speaks on Genetics in Public Health



THE DIRECTOR OF THE CDC OFFICE OF GENETICS, Muin Khoury, M.D. (left photo), presents genetic information to ISDH employees that he believes will revolutionize the future of public health. He poses (photo above right) with ISDH Maternal and Child Health supervisor Nancy Meade, R.N., who is acting director of the ISDH Genetics Planning Grant, and with David Weaver, M.D., who is with the molecular and genetics program at the Indiana University School of Medicine and is chairman of the Indiana State Genetics Advisory Committee.

Photos by Daniel Axler

In a talk on May 10, Muin J. Khoury, M.D., Ph.D. raised the vision of genetics as a fertile field for increasing knowledge to combat disease through research. He offered his insight on how genetics is associated with virtually every known disease.

Dr. Khoury is the director of the Office of Genetics and Disease Prevention at the Centers of Disease Control and Prevention. He spoke to an audience that filled Rice Auditorium, composed largely of State Department of Health employees. He appeared in response to a joint invitation by the Indiana State Department of Health and the Indiana State Genetics Advisory Committee.

Dr. Khoury's talk explored thinking about the cause of disease. Dr. Khoury says that, commonly, disease has been thought of as being "either, or" — either caused by environmental factors (infectious, chemical, physical, nutritional, and behavioral) or by a "deterministic" single gene predisposition to a disease.

Dr. Khoury's thesis is that disease causation is far more complex and almost always involves a significant

interaction between environmental factors and one or more genetic predispositions. He thinks that disease is not produced by either genetic or

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environmental factors alone, but rather by an interaction of the two.

We are, he said, "on the threshold of discovering how the adverse impact of genetic factors can be modified by modifying environmental factors and thus our ability to control disease."

Dr. Khoury said, "The impact of genetic discoveries on public health is likely to be felt across all disease areas." The completion of the sequencing of the human genome, he said, "has prompted the challenge of finding effective public health interventions based on genetic-epidemiological information."

Dr. Khoury reviewed the current limited status of genetic testing by

illustrating state-by-state, requirements for infant genetic screening. Indiana is among those states requiring the highest number of genetic tests, which include PKU plus seven others.

Dr. Khoury says that population research is needed to determine the clinical validity and utility of genetic testing. He acknowledges, however, that, currently, risk factors outweigh the benefits of accelerated research. Positive

identification of genetic predisposition to illness could, he says, result in adverse effects such as loss of access to insurance.

On the positive side, among the immediate beneficiaries of genetic testing would be treatment of one million persons with preventable heart disease, another million with preventable iron overload, and many who are susceptible to colorectal cancer.

A public health theme that Dr. Khoury believes deserves increasing attention by public health professionals will be how the complexity of "genetic information can be used to target interventions that improve health and prevent disease."

To move toward this goal, he believes that relevant action requires research in each of the core functions of public health: **assessment** of the benefits of genetic testing; **policy development** to include research of the impact of economic, social, ethical and communication issues; and **assurance** to identify factors that will affect service delivery, service utilization, and the quality of genetic tests and services.

Black & Minority Health Fair Seeks Volunteers



BLACK & MINORITY HEALTH FAIR 2000: Volunteers having a good time at the ISDH food booth last year are (left to right) tortilla maker Zelma Williamson, Administrative Services; Judy Rose, Community Nutrition Program; and Trish Ewing, Indiana Family Helpline. Photo by Daniel Axler

The 16th annual Black & Minority Health Fair Planning Committee is currently seeking volunteers for this year's event.

The Health Fair is sponsored by the Indiana State Department of Health during Indiana Black Expo's Summer Celebration, July 19-22, 2001.

"Coming Together For The Health of It" is the theme for the annual event. This theme expresses the number of volunteers, sponsors, and exhibitors taking part in the Health Fair. Volunteers will receive a free T-shirt, a badge

for free admission to Summer Celebration, and the opportunity to participate in other Summer Celebration special events.

Volunteers are needed to work in shifts of four hours in these areas: Traffic Control, Registration, Stage, Volunteer Check-In/Check Out, Counseling & Referral (nurses only), Phlebotomists, and Crowd Motivators.

Scheduled shifts are:

5-8 p.m., Thursday, July 19

1-4 p.m., Friday, July 20

4-8 p.m., Friday, July 20

10-2 p.m., Saturday, July 21

1-5 p.m., Saturday, July 21

4-8 p.m., Saturday, July 21

Noon-4 p.m., Sunday, July 22

4-8 p.m., Sunday, July 22

Interested persons should contact the Volunteer Committee at 317-233-7685 or fill out and submit a Volunteer Form online at <http://www.statehealth.IN.gov> (click on "What's New" and then on "2001 Black & Minority Health Fair"). A confirmation and additional information will be mailed eight weeks prior to the Health Fair.



2001 BLACK & MINORITY HEALTH FAIR Planning Committee (middle left) and corporate sponsors (lower left) assemble at annual May meeting. Pictured above (left to right) are Danielle Patterson, ISDH Office of Minority Health; Rev. Charles Williams, president, Indiana Black Expo, Martha Bonds, Black & Minority Health Fair Program Director; Mary DePrez, Deputy State Health Commissioner; and Greg Wilson, M.D., State Health Commissioner.



Photos by William Rasdell

Changing Web site Artwork - Signs of the Times

RECENT ISDH WEB SITE ART is pictured below. The art continually changes at www.statehealth.IN.gov to focus on timely health-related topics that reflect activities of the various divisions at the Indiana State Department of Health. The images (left to right, top to bottom) were designed to recognize the work of Indiana's nurses; the importance of assuring immunization of infants to prevent communicable disease; the nature of osteoporosis, with identification of steps that may be taken to prevent it; and Stroke Awareness Month warning signs. The images combined with typography were graphically assembled and published on the Web site by ISDH Webmaster Richard Dillman, a contract employee of ISDH's Information and Technology Services Division.

"Nurses are the True Spirit of Caring."

The theme of National Nurses Week, May 6-12, 2001, is "Nurses are the True Spirit of Caring." The nearly 78,000 registered nurses in Indiana compose the largest health care profession in the state. Indiana will need a greater number of registered nurses in the future to meet the increasingly complex needs of care consumers in our communities. A renewed emphasis on primary and preventive health care will require better use of all registered nursing resources.



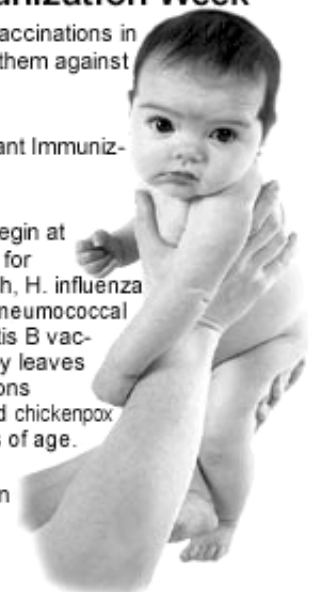
For More Information on Nurses Week, Click Here

National Infant Immunization Week

Children need 80 percent of their vaccinations in the first two years of life to protect them against disease, disability, and even death.

That's the message of National Infant Immunization Week, April 22-28.

Most immunization series should begin at two months of age, including those for diphtheria, tetanus, whooping cough, H. influenza B (termed Hib vaccine), polio, and pneumococcal diseases. The first dose of Hepatitis B vaccine is recommended before a baby leaves the hospital after birth. Immunizations against measles, mumps, rubella and chickenpox are usually given at 12 to 15 months of age.



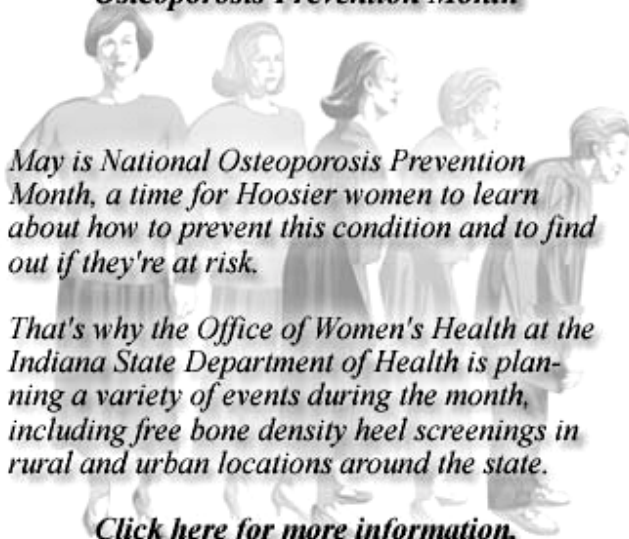
For more information
click here

Osteoporosis Prevention Month

May is National Osteoporosis Prevention Month, a time for Hoosier women to learn about how to prevent this condition and to find out if they're at risk.

That's why the Office of Women's Health at the Indiana State Department of Health is planning a variety of events during the month, including free bone density heel screenings in rural and urban locations around the state.

Click here for more information.



Stroke Awareness Month



Know the warning signs!

- * Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- * Sudden confusion, trouble speaking or understanding
- * Sudden trouble walking, dizziness, loss of balance or coordination
- * Sudden trouble seeing in one or both eyes
- * Sudden severe headache with no known cause

Click here for Details

Fresh Dressing Recipe Makes Eating Veggies A Treat

Try this recipe for a tasty salad dressing. It replaces vinegar with freshly squeezed lemon or lime juice and is partnered with a fresh clove of garlic and olive oil. It makes just about any combination of fresh salad greens and garden vegetables mouth-wateringly delectable.

The secret is its freshness; it's made and used fresh. Part of its taste sensation may be that it doesn't contain any of the lab-created preservatives common to commercial salad dressings. It's akin to fresh salsa; if you've made it, you know the kind that comes in a jar doesn't measure up.

This dressing's ingredients are simply lemon juice, olive oil, salt, and fresh garlic, which imparts a mild garlic taste.

A clove of garlic is prepared by crushing it under the wide blade of a chef's knife to remove the skin and to expose a large surface area for penetration by oil and lemon juice.

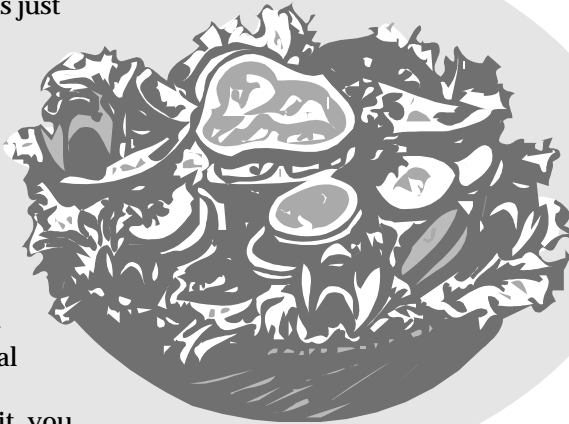
The recipe is good for two medium-to large-sized individual salads.

Several suggestions, if followed, should optimize the pleasure of sinking your teeth into a salad.

The dressing is best if it is poured on the salad ingredients in a separate

bowl, and then tossed to evenly coat all ingredients before dishing up individual servings.

When washed, salad ingredients



should be crisp but not dripping wet. A salad spinner solves the problem of removing excess water from freshly washed greens.

Marinating is an important part of the dressing's preparation—but only 15 minutes will do the trick. However, if left longer, it won't hurt, as the dressing continues to improve with age.

A small plain glass votive candle cup, the kind that you can find in almost any variety store, makes an excellent mixing "bowl" and also a good storage container for any unused dressing. These cups are small enough to permit the oil and lemon juice to cover the garlic cloves.



FRESH DRESSING RECIPE

1/4 tsp Salt
2 Tbsp. Olive Oil
1 Tbsp. freshly squeezed lemon juice
1 large clove garlic

Combine salt, olive oil, and lemon juice; mix well; add a crushed garlic clove; marinate 15 minutes; pour dressing on salad in a large bowl; toss to coat all salad pieces; serve.

Salad—

Judy Rose, ISDH Community Nutrition Program, says obesity is one of Indiana's major health problems due to its contribution to cardiovascular disease and diabetes.

The beauty of vegetables is that they are filling, yet have few calories and can be beneficial if served with a limited amount of olive oil which slows the digestive process, permitting the body to more fully utilize a salad's vegetable nutrients.

Vegetables have fiber, many nutritious minerals and vitamins, and ounce-for-ounce fewer calories than almost any other food.

With weight reduction the goal, calorie reduction is a must.

Salads can help do the trick.

Judy Rose says a great salad looks good if it contains a variety of vegetables of different flavors, colors and textures that tickle the eyes, tongue and palate. A diet rich in vegetables has been shown to reduce the risk of cancer. Dark green vegetables and colorful vegetables like carrots and tomatoes are associated with a reduction of an array of cancers according to Judy Rose.



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The *Indiana State Department of Health Express* is a bi-weekly publication for ISDH employees and stakeholders. To submit news items, call (317) 233-7336 or send information to: ISDH Express, Office of Public Affairs, 2 N. Meridian St., Section 2E, Indianapolis, IN 46204-3003. Inquiries should be directed to:

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